



Chipotle Salmon Bowls

with Charred Corn-Tomato Salsa

25 Minutes

Customized Protein Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://hellofresh.ca)

Double	Swap
Salmon Fillets, skin-on 500 g 1000 g	Shrimp 285 g 570 g



Salmon Fillets, skin-on 250 g 500 g	Basmati Rice ¾ cup 1 ½ cups
Yellow Onion 1 2	Tomato 1 2
Corn Kernels 113 g 113 g	Lime 1 2
Cilantro 7 g 7 g	Chipotle Sauce 2 tbsp 4 tbsp
Garlic Salt 1 tsp 2 tsp	

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, salt, oil, unsalted butter, sugar

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, zester

1



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and ½ tsp (1 tsp) garlic salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **rice** to the **boiling water**, then reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **lime**.

3



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until **corn** starts to char, 2 min.
- Add **onions**. Cook, stirring occasionally, until tender, 3-4 min. Season with **salt** and **pepper**.
- Remove from heat. Transfer **veggies** to a medium bowl to cool slightly.
- Carefully wipe the pan clean.

4



Prep and cook salmon

×2 Double | **Salmon Fillets, skn-on**

🔄 Swap | **Shrimp**

- Pat **salmon** dry with paper towels, then season with **pepper** and ½ tsp (1 tsp) **garlic salt**.
- Reheat the same pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **salmon**, skin-side down.
- Cook, flipping once, until golden-brown and cooked through, 5-7 min.**

5



Make salsa

- Meanwhile, add **tomatoes**, **half the cilantro**, **half the lime zest**, ½ tsp (1 tsp) **sugar** and ½ **tbsp** (1 tbsp) **lime juice** to the medium bowl with **veggies**.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

🔄 Swap | **Shrimp**

- Fluff **rice** with a fork, then add **remaining lime zest** and **1 tbsp** (2 tbsp) **butter**, stirring until melted, 1 min.
- Divide **rice** between bowls. Top with **salsa** and **salmon**.
- Drizzle **chipotle sauce** over **salmon**.
- Sprinkle with **remaining cilantro**.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Prep and cook salmon

×2 Double | **Salmon Fillets, skn-on**

If you've opted for **double salmon**, cook it in the same way the recipe instructs you to cook the **regular portion of salmon**.

4 | Prep and cook shrimp

🔄 Swap | **Shrimp**

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season the **shrimp** the same way the recipe instructs you to season the **salmon**. Reheat the same pan (from step 3) over medium-high. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**

6 | Finish and serve

🔄 Swap | **Shrimp**

Top **rice** with **salsa** and **shrimp**.

** Cook salmon and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively.